

True Light Girls' College
Report on Life Planning Education and Career Guidance Service 2021-2022

Objectives:	Strategies:	Monitoring/Evaluation:	Allocation of the CLP Grant:
<ul style="list-style-type: none"> ➤ Implement and monitor the development plan for the systematic Life Planning Education and Career Guidance Service 	<ul style="list-style-type: none"> ➤ To employ 1 teacher and 1 Programme Assistant so that teachers in the Career Guidance Committee can focus on implementing and evaluating the development plan 	<ul style="list-style-type: none"> ➤ 1 teacher and 1 Programme Assistant were employed. <ul style="list-style-type: none"> 1) The Programme Assistant has substantially reduced the clerical and administrative workload of teachers in the Career Guidance Committee through assisting in collecting handouts and questionnaires from students so as to understand their needs and evaluate the effectiveness of career and life planning programmes run. ➤ The teaching load of teachers in the Career Guidance Committee has been reduced. <ul style="list-style-type: none"> ➤ The core members of the committee were allocated common free periods to co-ordinate and formulate plans and strategies to implement life planning education at school. ➤ Other teachers in the committee could focus on implementing career guidance programmes. 	<ul style="list-style-type: none"> ➤ Employment of 1 teacher to relieve the teaching load of the members in the Career Guidance Committee so that they can focus on planning and developing for life planning education for all students ➤ Employment of 1 Programme Assistant to assist in the clerical and administrative work of the Career Guidance Committee
<ul style="list-style-type: none"> ➤ Enhance professional development of teachers on career education 	<ul style="list-style-type: none"> ➤ To encourage all teachers to attend relevant courses, seminars and workshops 	<ul style="list-style-type: none"> ➤ Career teachers attended workshops / seminars throughout the year. 	

<p>➤ Help students better understand their interests, abilities and orientations</p>	<p>➤ To organize school-based staff development programmes on career education for teachers in different forms</p> <p>➤ Organize sharing sessions for students to understand more about different professions</p> <p>➤ Arrange workshops for students about understanding of the self, goal-setting, JUPAS choice</p>	<p>➤ Before school-based Career and Life Planning Programmes including the S1 & S2 VIPS Workshops, the S3 NSS Subject Choice Counselling Sessions and S6 Group Career and Life Planning Counselling Sessions were held, all class teachers concerned and Career Teachers involved had been given clear guidelines on how to offer guidance and informative resources to students to assist them in giving proper life planning advice.</p> <p>➤ 4 sharing sessions with people working in different fields and with different life experiences were held under the True Light Bonds sisterhood mentoring scheme. They were about studying in the UK on 8 October 2021, studying in mainland China on 20 June 2022 and by a management services officer working at the government's Efficient Office on 14 December 2021 and two social workers on 18 May 2022.</p> <p>➤ A wide variety of workshops were organized to help students acquire the necessary information and skills to make informed life choices.</p> <p>➤ List of Workshops:</p> <ol style="list-style-type: none"> 1) The True Light Bonds (TLB), an annual campaign which offers an opportunity for our 	<p>➤ The S3 and S4 Career Education formal curricula have been modified. Other than games, group discussions and individual reflections, students were arranged to attend talks and go on visits to enrich their knowledge about overseas study</p>
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		<p>students to form sisterhood bonds on a one-on-one basis in order to give each other support and guidance during their secondary school life, was run again in this academic year.</p> <p>i. The “I Have a Dream” Project was done by both S1 and S4 students in the first term and all projects were submitted at the end of November 2021. The project aims to encourage students to explore one of their dream jobs and learn about its duties, entry requirements, qualities required and how they can prepare themselves for it at school. The Sharing Session with Partners were held on 2 August 2022 to let students share the findings about their dream jobs with their mentors or mentees.</p> <p>ii. Sharing Sessions on Books/Articles for S1 and S4 sister classes were held in S1 and S4 classrooms during the Reading Period on 28 October 2021 to provide a chance for participating students to share what they had read and their opinions on them.</p> <p>iii. S3 students also designed a Thank-you</p>	<p>opportunities and the workplace.</p>
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		<p>Card for their mentor in a Visual Art lesson. Both S3 and S6 students wrote heartfelt messages to express their gratitude for the guidance and care each other had offered throughout the year. The cards were given to their recipients on 25 February 2022.</p> <p>iv. S3 students were also required to consult their S6 sisters about their NSS subject choices in a reading period on 11 November 2021. They had to complete a form explaining their choices and seek advice from their S6 sisters.</p> <p>2) To teach students how to set specific, measurable, achievable and realistic goals and achieve them effectively in a timely manner, the Goal-setting Workshop was held on 2 September 2021 for S2 to S6 students and 6 October 2021 for S1 students. The event is held annually to help students form a habit of setting both short term and long term goals as well as reviewing them in the subsequent Goal Review Workshop, which was held on 27 May 2022. S1 - S5 students, under the careful guidance of their class teachers, reviewed the goals they had set the</p>	
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		<p>year before to see if they had achieved the goals. If not, they examined what had hindered them from achieving them and checked whether they should adjust the goals. All students are required to attend the two annual workshops.</p> <p>3) Two JUPAS workshops were on 21 September and 11 October 2021 respectively. They provided S6 students with all essential knowledge and tips about how they should pick their JUPAS choices and how admissions officers select candidates. By observation, most students participated in the workshop attentively and the survey carried out revealed that over 80% of the participating students found the workshops useful.</p> <p>4) JUPAS Night was held on Zoom 26 November 2021 to offer students a chance to meet with students and graduates majoring in different university programmes. Surveys had been carried out beforehand to find out students' interests. Then they were assigned to different groups to learn about the programmes they were interested in. The survey done afterwards showed that more than 80% of the participating students found</p>	
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		<p>the activity informative.</p> <p>5) The S5 Workshop on JUPAS was cancelled due to the special holiday because of the COVID-19 pandemic.</p> <p>6) A Workshop on Interview Skills was arranged for S4 students at school on 26 June 2022 with resources from St. James Settlement. Through the workshop, students acquired knowledge about how they should prepare for university and job interviews so that they can polish their skills before challenges rise.</p> <p>7) The JA Career Dimensions was held for S4 on 1 August 2022. The programme connects young people with career opportunities and future skills required under the Industrial Revolution 4.0. Through speed mentoring and hands-on activities on creativity & problem solving, collaboration, adaptability & resilience, young people will be guided to identify their career aspirations, and develop core competencies every youth needs in order to survive in the coming world of work.</p> <p>8) The S3 Leadership Training Session, co-organized with The Salvation Army Yaumatei Integrated Service for Young People, is aimed to train S3 students to be</p>	
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		<p>proper mentors for the incoming S1 students when they are in S4. The session was held in the morning of 27 July 2022. Guidelines on how they can be effective mentors will be given in Career Education lessons when they are promoted to S4.</p> <p>9) The S1 and S2 VIPS Workshops for students to understand their values, interests, personalities and strengths were held on 20 October 2021. Under the guidance of class teachers, students had the chance to develop proper values and explore their interests, personalities and strengths so as to make proper life planning decisions in the future.</p> <p>10) The Career Prefect Training Workshop attended by 52 Career Prefects was held in the morning of 23 August 2022 to equip our new Career Prefects with the necessary skills and knowledge to be responsible and efficient leaders. They were also introduced to the duties of Career Prefects. The Workshop was run by the 3 new Chief Career Prefects under the supervision of Career Teachers.</p> <p>11) 4 S4 students took part in the 5th Hong Kong Secondary School Peer Mediation Competition jointly organized by the Joint</p>	
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	<p>➤ Organize talks on and visits to tertiary institutions (local and overseas) and corporations to help students understand more about further study opportunities and the world of work</p>	<p>➤ An array of talks and visits were arranged to help students learn more about local and overseas tertiary education and corporations to help equip them for their future studies and work.</p> <p>➤ List of talks and visits:</p> <ol style="list-style-type: none"> 1) To provide students with an overview of the structure of the Career Guidance Committee (CGC) and the activities it offers, a talk on the introduction of the CGC was held on 2 September 2021 for all students. Through the talk, they could have a clearer idea of the major events organized by the CGC and the aims of the events. 3) Under the True Light Bonds scheme, each 	

		<p>pair of mentor and mentee are expected to visit a university open day, an overseas education expo or a career expo together so that senior form students can get prepared for the JUPAS application while junior form students can learn from their senior sisters about university admission information and have a glimpse of what university life is like.</p> <ul style="list-style-type: none"> ➤ List of University Taster and Summer <ul style="list-style-type: none"> 1) An S5 student joined the CUHK Summer Clinical Attachment Programme (SCAP) 2022 to learn about the medical programme she was aspired to take. ➤ Students seized the above opportunities to explore multiple study pathways available in Hong Kong and overseas ➤ Students developed a better understanding of their target industries including their job natures, career trends and opportunities available. ➤ Students were positive about joining the programmes. 	
	<ul style="list-style-type: none"> ➤ Organize work experience scheme for students to have a taste of the world-of-work 	<ul style="list-style-type: none"> ➤ Career Live offered by St. Jame's Settlement was held on 25 January 2022 for 90 S4 students to give them a chance to have hands-on experiences of a number of jobs. The authentic work simulation experiences were expected to help the 	

	<p>➤ Conduct individual/group counselling sessions for S3 and S6 students</p>	<p>students make more informed study, career and life choices.</p> <p>➤ Over 80% of the students found the experiences inspiring.</p> <p>➤ The list of counselling sessions:</p> <ol style="list-style-type: none"> 1) The S6 Group Life Planning Guidance Sessions were run on 5 and 26 November 2021 All S6 students participated in the activity. Both Career or Class Teachers were involved in giving guidance in small groups of 3 to 5 students. Most students, according to observation, participated in the sessions proactively. 2) Guidance was also offered by S6 Class Teachers, Career Teachers and Guidance Teachers after the HKDSE Result Release on 17 August 2022. 3) As for S3 students, there was teacher-run NSS Subject Choice Counselling Sessions on 11 May 2022. All S3 class teachers and most Career Teachers worked as advisors and offered S3 students advice in small groups of 6-8 students based on the initial elective subject choices students had made earlier. 4) The Career Aspiration Society also 	
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<p>➤ Provide support to students through educating parents</p>	<p>➤ Arrange parent talks / workshops to promote the importance of career guidance</p>	<p>coordinated with the Career Guidance Committee to offer S3 students Zoom Elective Subject Choice Counselling Sessions in the afternoon on 20 and 22 July 2022. S4 and S5 Career Prefects had been recruited to work as consultants. The preferences of S3 students for the subject(s) they wished to learn more about had been collected beforehand. They were then assigned to 14 different sessions on 12 elective subjects plus M1 and M2 either as speakers or attendees. Through the sessions, S3 students could learn about the subjects through the angle of students and could raise questions about them.</p> <p>➤ Most students were attentive in the sessions and some raised questions to find out more information useful to them.</p> <p>➤ The S6 Briefing Seminar on “Preparing for HKDSE, JUPAS & Multiple Pathways for S6 Students”, aiming to provide parents information on how to help their children to relieve their stress from the HKDSE and JUPAS, inform them of the multiple pathways for post-secondary students, JUPAS admission procedure and JUPAS score calculation, was held on 24</p>	
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